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Dickey's in Toronto and ready to KNUCKLE DOWN

New Blue Jay RA Dickey gives media a demonstration of his famed knuckleball hold while in Toronto for a press conference with Blue Jays GM Alex Anthopoulos at the Rogers Centre on Tuesday. Story, page 24. VINCE TALOTTA/TORSTAR NEWS SERVICE

Sisters deny 'scummy' U.S. antics

Bad time in Florida.

Toronto women allege they were roughed up by Miami Beach police

A family trip to Disney World took a dark turn for two Toronto sisters who landed in jail overnight after a heated encounter with Miami Beach Police.

What started as an evening of bar-hopping ended in a slew of charges, allegations of wrongful arrest and a purported yelling match punctuated by expletive-laden insults.

ated by expletive-laden insults.

Michele and Angelina Mas-trangelo have filed a complaint with the Miami Beach Police Department over a Dec. 23 incident, during which they claim they were assaulted by officers who allegedly called them "dirty Canadians."

"They're trying to make us out like we're these two scummy girls," said Angelina. "We're not.... We're really good girls."

Both Michele, 20, and Angelina, 24, are charged with resisting arrest without violence. Michele also faces charges of disorderly intoxication

and criminal mischief.

Police spokeswoman Det. Vivian Hernandez declined to comment on the incident, which is now the subject of an internal police investigation.

After drinking about four beers each on the touristy Lincoln Road strip, the sisters said they sat down on the stairs of a beachside hotel to smoke cigarettes with a group of guys they'd just met. They say the guys were smoking marijuana, but the sisters, who own a day spa in Toronto's east end, maintain they did not partake.

TORSTAR NEWS SERVICE

Tangled web of e-spying

Memo reveals federal privacy watchdog wants to help Tories address the public's concerns over Internet-surveillance PAGE 6

Teach-ins more popular in T.O.

The need to coexist in a large city has made the Idle No More movement more diverse and less confrontational in Toronto, an organizer says PAGE 4

Printing parts to make guns

The technology is still developing, but 2012 saw the first shots fired from guns with printed 3D parts. How will this affect U.S. gun reform? PAGE 8



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- Prevent iron deficiency.
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To demolish or not?

Gardiner study to be resurrected

The city is preparing to spend \$125 million to keep the Gardiner Expressway drivable while investigating whether to keep it at all.

The budget committee has voted to resurrect a study of the crumbling roadway that was shelved after Rob Ford became mayor. The committee also agreed to push forward with \$505 million in emergency capital-funding repairs over the next decade.

The rebooted Gardiner study will examine whether it makes more sense to demolish or repair the eastern portion of the elevated highway.

TORSTAR NEWS SERVICE

Ferry dustup looming



Opponents worry that ferry ads will harm the city's image.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

City may wrap ferries with ads

With no money to replace Toronto's aging island ferries, the city is looking at new ad revenues to build up a fund to eventually buy new vessels. In 1999, the city received \$60,000 to wrap the ferry Sam McBride with Kraft Canada's trademark Kool-Aid logo for the summer.

But opponents of the scheme say ferry ads would taint a historic city asset.

"This is one of the most iconic parts of the city," said Coun. Pam McConnell, whose ward includes the islands. "It's a place we sell to the world, and in my view we should not be messing that up with messy advertising."

TORSTAR NEWS SERVICE

Cost-cutting. Bring back photo radar: Chief Blair

Toronto should consider reintroducing photo radar and expanding red-light cameras as the city searches for ways to save his force money, Toronto Police Chief Bill Blair says.

Photo radar has been contentious in Ontario. The NDP introduced the cameras to catch speeders in 1994, but the practice was killed by Tory premier Mike Harris.

Blair says it's time to take another look at radar cameras,



Chief Bill Blair
TORSTAR NEWS SERVICE

as well as other technology to catch people running red lights and making illegal turns.

"His position is that police officers are a very expensive resource to use for something that technology can do, and much more economically," said Blair's spokesman, Mark Pugash, adding the force isn't looking to increase revenue from fines and there would be large warnings at the camera sites.

TORSTAR NEWS SERVICE



Still waiting for an apology

A visually impaired Toronto man says the TTC's lack of apology or follow-up to his complaint has added insult to his physical injury nearly a month after an incident in which he was allegedly dragged alongside a bus. Brian Magee says that, on Dec. 11, a bus door closed on his walking stick and the bus drove off. "It really yanked my arm and pulled me down the street, I figure 15 or 20 steps, before the stick snapped out of the door," he said. Go to metronews.ca for the full story.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Fashion. Ford Models closing Toronto bureau

Ford Models is pulling out of Canada, closing its Toronto offices at the end of the month.

"It was a decision from New York," said Cathy LeDrew, director of Ford's Toronto operation, which was the company's only Canadian office.

Competitor Elmer Olsen of Elmer Olsen Models Management said the news was a loss for the Canadian fashion industry.

"It's sad, because Ford is a very reputable name, and we were very excited when they

Cover girls

- Linda Evangelista and Christy Turlington were former Ford Models, and Naomi Campbell was discovered by a Ford agent. Ford also represented Cheryl Tiegs and Christie Brinkley.

came to Canada and brought that powerhouse name to our industry. It was an asset to the Canadian fashion industry." TORSTAR NEWS SERVICE

Ford support conditional, Stintz says

Court hearing. TTC chair says mayor must make 'a really good case' for his plans for the city

TTC Chair Karen Stintz is not inclined to support reappointing Rob Ford to the mayor's chair if he is ousted by the courts, the conservative councillor said on Tuesday.

But she did add that, should Ford lose his court appeal, he might be able to change her mind.

"I wouldn't support reappointing Mayor Ford until he can come forward with a plan of why he wants to continue to be mayor, what he hopes to achieve in the next two years," Stintz said.

"If he put forward a really good effort and made a really good case about why he should be reappointed, again, you'd have to consider that."

Stintz is touted as a possible mayoral candidate. Asked if

City hall circus



"I think it's unfortunate that the public isn't hearing more about

the budget, that they're hearing more about the sideshow that is the court case."

TTC Chair Karen Stintz

she would run against Ford if he is ousted and council opts to replace him through a byelection rather than appointment, Stintz said she "can't say" until his legal troubles are resolved.

Previously she has said she would never run against Ford.

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1 NEWS

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#IdleNoMore takes peaceful route in city

Sending a message. Toronto's diversity ensures the grassroots movement works across all cultures



JESSICA SMITH
jessica.smith@metronews.ca

The need to coexist in a large city has made the Idle No More movement more diverse and less confrontational in Toronto, says a key organizer.

About 100 members of the Idle No More movement gathered Tuesday night for the first weekly teach-in at the Toronto Council Fire Native Cultural Centre.

The group included aboriginal people and non-aboriginal allies. At the beginning of the meeting, everyone introduced themselves by their name and heritage.

"We have a rather large urban aboriginal population here and it's connected into the non-aboriginal population, so I think the movement is very broad-based, supported across all cultures

here," said Wanda Nanibush, an artist and organizer for Idle No More Toronto.

Nanibush and other local women have organized events for the movement in Toronto, including a rally at Queen's Park, two round dances in Dundas Square and a candlelight vigil New Year's Day.

"In the city, it's important we push for unity — we have to work cross-culturally."

For example, the group in Toronto wouldn't block a rail line, says Nanibush.

"I think those tactics can work, but I think they can backfire if you make people too angry," she added.

Instead, Nanibush supports holding teach-ins.

"Teach-ins are what started the Idle No More movement, with the women out West," said Nanibush, referring to the genesis of the movement in Saskatchewan. "And we believe that's what's going to sustain the movement: educating everyone, raising awareness and changing consciousness," she said.

"(Prime Minister Stephen) Harper's pushing an agenda that has been there since colonization," said

Aboriginal rights

- **Candlelight march.** On Friday, when PM Stephen Harper meets with aboriginal leaders and hunger-striking Chief Theresa Spence in Ottawa, Idle No More Toronto will be holding a candlelight march, beginning at the equestrian statue of Edward VII. Marchers are asked to personalize their candles and to recognize aboriginal people and non-aboriginal allies who have fought for aboriginal rights and the environment.

Nanibush, after taking the crowd through Canada's history of enfranchisement, assimilation and the Indian Act. "That's why the Idle No More movement is happening, and that's why it's grassroots."

A cheer went up in the room when she mentioned the Federal Court's decision, reached Tuesday, that Metis and non-status Indians are to be legally recognized as Indians under the Constitution Act.



People listen to Wanda Nanibush talk during the teach-in at the Toronto Council Fire Native Cultural Centre on Tuesday night. JESSICA SMITH/METRO

Hayden King, an assistant professor at Ryerson University, spoke about the history of aboriginal resistance in Canada, including the diplomatic and the "more provocative."

Among the "more provocative" were the women who "re-kidnapped" their children from residential schools by holding knives to the principals' throats and the many confrontations, some "militant and violent," that have occurred since.

He also spoke about diplomatic actions, such as court cases that have expanded aboriginal rights, including that of Frank Calder, who forced the Supreme Court in 1971 to recognize that aboriginal titles existed prior to colonization.

"But we haven't really been successful," said King. "Have we really changed the fundamental relationship between Canada and native peoples? What does it mean that Idle No More exists to-

day?"

King talked about what he sees as the two principle kinds of resistance that are continuing today: One is the diplomatic kind, exemplars of which are two First Nations from Alberta that announced Tuesday they are launching a court challenge over the omnibus budget legislation; the other is a "more provocative kind," exemplified by Idle No More actions that will take place on Friday.

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Watchdog out to rein in Internet bill



Hands off our computer keyboards, protesters say — but the federal government has other ideas. JONATHAN HAYWARD/THE CANADIAN PRESS

Privacy. Public outcry may force Tories to compromise over legislation that would allow increased access to users' information

An intense public outcry over the Conservative government's blockbuster bid to

bolster Internet-surveillance powers may be paying off.

The federal privacy watchdog has jumped into the fray to try to help the Tories find a compromise.

The watchdog proposes new procedures that will, yes, give police and spies key information about Internet users.

But it's striving to retain the principle of judicial oversight, a memo obtained under the Access to Information Act

shows.

The internal memo reveals assistant privacy commissioner Chantal Bernier asked University of Montreal law professor Karim Benyekhlef to "help find a middle ground between security and privacy."

Opponents of the bill say allowing authorities access to Internet-subscriber information without a court-approved warrant would be a dangerous infringement of privacy, be-

cause even that limited data can be revealing.

Benyekhlef, a former federal prosecutor, says the bill is inconsistent with the Charter of Rights.

The government has indicated that the bill would go directly to a Commons committee, skipping second reading, to allow for amendments. But as of yet it has not resurfaced.

THE CANADIAN PRESS

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National chief Betty Ann Lavallee, pictured after the ruling, said: "Today is a very emotional day for me and a very hopeful day for all off-reserve aboriginal peoples." ADRIAN WYLD/THE CANADIAN PRESS

They're Indians: Metis' 'huge' win

The federal government's responsibilities for aboriginal peoples just got a whole lot bigger.

After more than 13 years of legal wrangling, the Federal Court ruled Tuesday that Metis and non-status Indians are indeed "Indians" under a section of the Constitution Act and fall under federal jurisdiction.

The decision helps to clarify the relationship between Ottawa and more than 600,000 aboriginal people who are not affiliated with specific reserves.

"This is huge," said Betty Ann Lavallee, national chief of the Congress of Aboriginal Peoples.

Federal Court Judge Michael Phelan wrote in a ruling that "the recognition of Metis and non-status Indian as Indians ... should accord a further level of respect and reconciliation."

The Congress of Aboriginal Peoples and several Metis and non-status Indians argued they are entitled to some or all of the same rights and benefits as on-reserve First Nations members.

They say that includes access to the same health, education and other benefits Ottawa gives status Indians and lets them be able to hunt, trap, fish and gather on public land.

THE CANADIAN PRESS

Cold comfort? Scientists blame global warming for U.S.'s hottest year on record

Government meteorologists say 2012 was by far the hottest year on record in the United States.

The average temperature was over 55 F or 12.78 C, a full degree Fahrenheit warmer than the previous record of 1998. Normally, temperature records are broken by about a tenth of a degree.

Scientists blame the heat on global warming and weather variations. That

includes the drought that gripped almost two-thirds of the nation.

July was also the hottest month on record.

The tally was released Tuesday by the National Climatic Data Center.

U.S. temperature records go back to 1895. They're based on reports from more than 1,200 stations across the Lower 48 states.

THE ASSOCIATED PRESS

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Giffords to fight U.S. gun lobby

The former U.S. congresswoman who was shot in the head two years ago launched on Tuesday a national effort against gun violence, saying she and her husband will work to counter the country's strong gun lobby, the NRA.

Gabrielle Giffords' effort comes as the Obama administration faces a self-imposed deadline at the end of this month to propose ways to curb the mass shootings and other violence that continue to grip the country. The administra-

tion this week is calling gun-owner groups, victims' organizations and representatives from the video-game industry to the White House for discussions.

The sense of urgency comes after a young man with a high-powered rifle, legally purchased by his mother, shot 20 young children and six adults to death at a school in Connecticut last month. President Barack Obama called the shooting the worst moment of his presidency.

One top Republican has

warned that action on gun violence will be pushed back due to debate over fiscal issues.

Giffords, who has owned a Glock pistol, and her husband, former astronaut Mark Kelly, are becoming prominent voices for gun-control efforts. They wrote in an opinion piece published in USA Today that their Americans for Responsible Solutions, a political action committee, would help raise money to support greater gun-control efforts.

THE ASSOCIATED PRESS



Congresswoman Gabrielle Giffords

GETTY IMAGES FILE



Ready for action: an assault rifle made with printed parts. CONTRIBUTED

3D printing threatens U.S. gun reform

Armed. Company produces parts likely to be banned by pending gun-control plans

KIERON MONKS
Metro World News

After the tragedies of Sandy Hook and Aurora, the U.S. government is preparing to introduce stricter guidelines on gun ownership. But supporters of the Second Amendment could get around them by printing their own firearms at home.

The technology is still developing, but 2012 saw the first shots fired from guns with printed parts. "Gun hacking" has a growing community in online forums and has become serious business.

"I have five people now making AK-47 magazines — they're incredibly easy to reproduce," Cody Wilson, CEO of the Defense Distributed company in Texas, told Metro. A firm believer in the right to bear arms, Wilson is deliberately producing parts for assault weapons likely to be banned by new controls.

"(U.S. Vice-President) Joe Biden's group are using the assumption that if you control the channel, you control the product — but that is not the case anymore," says

Wilson.

His company has made open-source code for over 30 gun parts available online and claims they receive thousands of downloads a day.

"The printed guns are not a finished product. 'At this point, the biggest problem is the force of explosion in the chamber,'" Kevin Coleman, military technology analyst, told Metro. But the U.S. military has begun to outfit its mobile labs with 3D printers to replace parts, and Coleman believes "further down the line you could produce a weapon that way."

No control

"We do not promote guns, but we cannot control the use of the product."

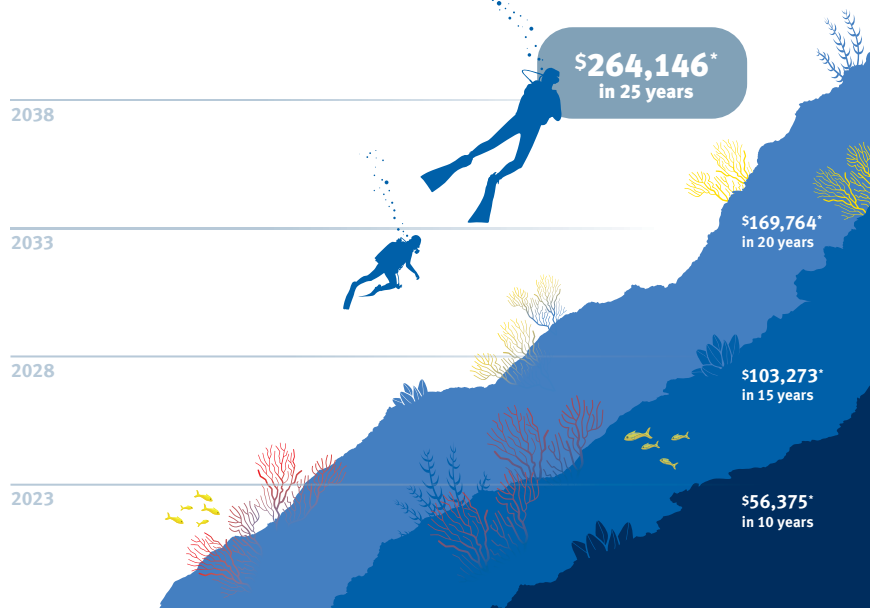
Spokesperson for 3D-print company Automaker

So how could the weapons be controlled? Government can't intervene effectively, says Michael Weinberg, an attorney specializing in emerging technologies. "When you apply anger over gun control to a general-purpose technology, there's a lot of collateral damage," he said. "We don't know enough about 3D printing to legislate the future."



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Amid turmoil in Spain, a ray of hope

Health workers protest against austerity measures outside a hospital in Pamplona, Spain, on Tuesday. Amid the country's economic strife, there's news that its borrowing costs have dropped sharply from unsustainable highs last year. Spain's treasury says it plans to borrow €230 billion (about \$300 billion) in 2013, down from €250 billion last year, and is expecting to pay lower interest rates than those that battered the country in 2012.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Real estate market 'still relatively solid'

Mortgage lending.
Country's top bankers tell conference that slowdown is limited to certain markets

Canada's real estate market remains "relatively solid" and should experience a "soft landing" despite the current slowdown and fears of overbuilding in the condominium segment, the country's leading bankers said Tuesday.

Speaking to a RBC banking conference in Toronto, the country's top bankers said they don't expect a dramatic downturn like the one in the United States about five years ago.

The bursting of the U.S. housing bubble is considered a major cause of the credit

Market Minute	
	DOLLAR 101.35¢ (-0.10¢)
	TSX 12,504.81 (+5.26)
	OIL \$93.15 US (-4¢)
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Natural gas: \$3.22 US (-5¢)	
Dow Jones: 13,328.85 (-55.44)	

crunch that swept Wall Street and then the global economy in the fall of 2008, after interest

rates on sub-prime mortgages rose and defaults soared.

By contrast, sub-prime mortgages have been less common in Canada and real estate prices have trended upward for the most part — except for a few months during the 2008-09 recession and in some economically disadvantaged areas.

"Our expectation is that the overall real estate market in Canada is still relatively solid," Royal Bank CEO Gord Nixon said Tuesday.

Despite reports that suggest Canadian housing is in crisis, he said the pullback is limited to a couple of markets, notably Vancouver.

"We have seen a slowdown in sales and we've certainly seen a slowdown in mortgage demand but price levels are relatively stable," he said.

THE CANADIAN PRESS

2-day shipping

Amazon Prime comes to Canada

Amazon has launched its unlimited, two-day shipping service in Canada. The world's largest online retailer says Amazon Prime will now be on offer to Canadian customers for an annual fee of \$79.

Amazon says the two-day shipping guarantee will be offered in most of Canada. Customers in rural areas, particularly in the North or the Maritimes, can get unlimited shipping but without the two-day guarantee.

THE CANADIAN PRESS

Conflict allegation

Alberta premier faces ethics probe

Alberta's ethics commissioner is investigating a conflict of interest allegation involving Premier Alison Redford over a government lawsuit filed against Big Tobacco.

It's alleged Redford awarded the lawsuit contract in 2011 to a group of law firms that included her former husband, Robert Hawkes, when she was justice minister. Alberta Liberal Leader Raj Sherman asked the ethics commissioner to investigate.

THE CANADIAN PRESS

Biotech seed sales

Monsanto profit nearly triples in first quarter

Agricultural products giant Monsanto reported Tuesday that its profit nearly tripled in the first fiscal quarter as sales of its biotech corn seeds expanded in Latin America. The company said last year it expects to benefit more from the growing season in the Southern Hemisphere. Monsanto's corn and soybean seeds have genetically engineered traits meant to produce more crops and repel bugs.

THE ASSOCIATED PRESS

Former McDonald's CEO dies at 80

A former McDonald's CEO who helped expand the fast-food chain's global footprint and spearheaded the creation of Hamburger University died Monday night after suffering complications from pneumonia, the company said. He was 80 years old.

During Fred L. Turner's time as CEO from 1974 to 1987, McDonald's more than tripled its number of locations and set up shop in dozens of new markets, the company said in a statement. The chain now has about

34,000 locations worldwide.

Turner spearheaded the creation of McDonald's Hamburger University in 1961, the company said. The school is a training curriculum for managers, franchisees and other employees.

The company said Turner was one of founder Ray Kroc's first employees in 1956, and the architect of the "quality, service and cleanliness" model that helped McDonald's become a global presence.

THE ASSOCIATED PRESS



Former McDonald's CEO Fred L. Turner, who founded Hamburger University, has died.
THE ASSOCIATED PRESS FILE

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DOES THE NHL THINK WE'RE ALL CHUMPS?



JUST SAYIN'
Paul Sullivan
metronews.ca/voices/
just-saying

Are you ready for some hockey?

You've probably been ready since last September, but the NHL does not care.

The NHL does care about salary caps, revenue sharing, pension plans, free agency and all the other arcana of the hockey business, so much so that they shut the whole show down for 113 days to eliminate distractions.

Message to fans: Not now, not now. Can't you see we're talking about bidness?

So now an agreement between the players and the owners has been struck and arenas across North America should be open for business on Jan. 19.

Hockey's back. The question is: Do you care?

The answer is easy: Of course you do. You grew up on skates. You live and die by the fortunes of your team. You personally identify with your favourite players, from Ryan Kesler to Ryan Nugent-Hopkins to ... someone ... on the Toronto Maple Leafs roster, I'm sure.

Send in the clowns

The NHL has your number. It owns your hockey soul, and when the gates swing open next Saturday, the NHL expects you to be there, all decked out in the jersey of your favourite multi-millionaire and your foam finger.

Saturday, the NHL expects you to be there, all decked out in the jersey of your favourite multi-millionaire and your foam finger.

And you will be there, because the NHL is the only game that matters. Hockey's entire culture, built on a base of suburban rinks and small-town arenas, fuels the NHL, where the 690 best players on Earth do their thing. If you're watching the Oshawa Generals, it's to spot future NHL stars. If you're watching the Abbotsford Heat, it's only because a real NHL pro is passing through or falling in. If you're watching the Spengler Cup, you're watching a reshuffle of the NHL deck.

They have you where they want you. Which is why they can take you for granted and shut the league down while they haggle over the salary cap or whatever. They know you'll be there, nose pressed to the Plexiglas, when they decide it's time.

A word about "you." You are not a resident of Tampa Bay, Fla., U.S.A. You are Johnny Canuck from Moose Jaw or Moosonee. You know that whatever happens in Miami or Minsk, hockey is your birthright. No one else in the world cares the way you care.

If that makes you a chump, then so be it. At least now there's hockey.

On the web

Talk about this article on metronews.ca.



That's entertainment?

All not right as Rain in S. Korean army

South Korea's defence ministry has decided to confine pop star Rain to his base for a week for meeting with an actress while on duty.

The penalty is the lightest a South Korean soldier can face. Paparazzi photos recently showed Rain with actress Kim Tae-hee when he wasn't allowed to have private meetings while

outside his base for official duties such as recording and performing.

Rain is fulfilling his two-year mandatory military service as an "entertainment soldier." His meetings with Kim raised suspicions that the military was coddling popular entertainers with special favours because they help enhance its image. Officials deny it.

Time magazine named him one of the world's 100 most influential people in 2011. **THE ASSOCIATED PRESS**

Catch a tiger by the flail



ASHLEY VINCENT/NATIONAL GEOGRAPHIC PHOTO CONTEST

Prize capture

Tigress in water photo wins big

An Indochinese tigress named Busaba shakes herself dry after a swim at Khao Kheow Open Zoo in Chonburi, Thailand. The Explosion! by Ashley Vincent, 49, a British wildlife photographer based in Thailand, shook off the competition of more than 22,000 entries to win the 2012 National Geographic Photography Contest. **METRO WORLD NEWS**

Equipment used

- Canon EOS 7D with a Canon EF 70-200mm f/2.8L IS MK II USM lens.

Q&A with photographer Ashley Vincent

'An explosion of water droplets'



How did this photo come about?

My family and I were showing my mother-in-law around the zoo. She wanted to see

some tigers, so we made our way over to Busaba, who at the time was being fed slivers of fresh meat. I'd never taken much interest before in watching this —

it's more for the benefit of visitors to Thailand — until one piece Busaba had caught hold of slipped and fell into the pool. She dove in to retrieve it and, as she re-emerged, shook herself dry with an explosion of water droplets, and in an instant I had a cartoon light bulb appear above my head!

For you, what message is revealed in this image?

This is just one moment when this animal is so engaged in natural behaviour that any melancholy thoughts we may have, like animals in captivity, are expelled from our minds. It's freedom from thought.

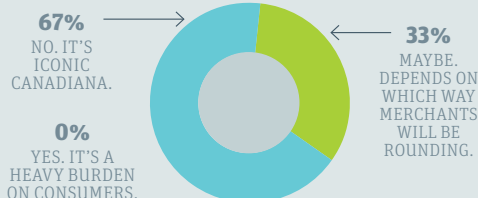
Any advice for budding photographers?

For all the money I've spent travelling around in Asia and Africa to (photograph) wild animals, ironically this winning image I captured was taken about 30 minutes away from my house. I believe a tiger, for example, in captivity can be every bit as amazing and gorgeous as a tiger in the wild. So as wonderful as "wild" animal photography can be, until such a dream opportunity comes along, don't feel in any way disadvantaged because the only alternative you may have is to photograph captive animals. **METRO WORLD NEWS**



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Should the nickel follow the penny into retirement?



Twitter

@itsjodiethomas: This whole "go to every class" resolution I've made is already off to a bad start, I'd rather work on my social skills

@itsashahm: More job cuts, but casino severance packages! I love economics! (and yes, bees)

@rboney25: lol, did Garnett really tell

Carmelo that his wife taste like Honey Nut Cheerios... can't wait for that next celtics knicks game

@TearfulTellall: Bah. Thing is he's David Bowie. He can do what he wants.

@wilksays: That new Bowie song is kind of crap. Should be re-titled "names of German places".

In Focus

Hoping for more award success



IN
FOCUS
Richard Crouse
scene@metronews.ca

Zero Dark Thirty is billed as "the story of history's greatest manhunt for the world's most dangerous man." It's a carefully plotted espionage tale that flows from the clues that lead to the death of Osama bin Laden at the hands of the Navy SEAL Team 6 in May, 2011 and it will very likely earn its director, Kathryn Bigelow, an Academy Award nomination.

It won't be the first time the Academy has honoured her. In fact, she's one for the record books. Her last film, *The Hurt Locker*, was a huge critical hit and made her the first woman to win best director awards from the Academy Awards, the Directors Guild of America, the BAFTAs and the Critics' Choice Awards.

It was her first serious awards recognition, but it wasn't her first film. At age 61 she is a veteran with nine features, hours of television and music videos for bands like New Order to her credit.

Critic Jon Popick called her first film, 1982's *The Loveless*, "a slightly hallucinatory homage to *The Wild Ones*," which means it's a surreal outlaw biker film, one part tribute to the genre, two parts reinvention.

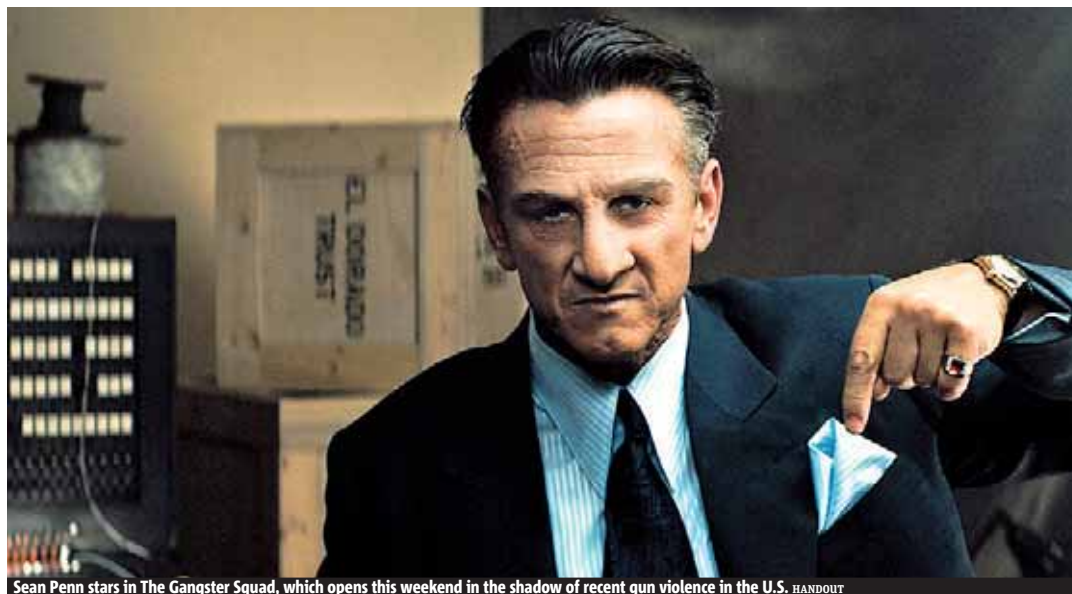
That movie set William Dafoe on his way to stardom, but it would take Bigelow five years to make another movie. Her next film, *Near Dark*, is another hybrid, a mix of vampire myths, westerns and biker movies the *Washington Post* called, "outrageous and poetic."

Near Dark became a cult favourite, but it was her next three movies that set the template for her career.

A trilogy of action films — *Blue Steel*, *Point Break* and *Strange Days* — saw her blend technical sophistication with themes that redefined the genre of the movies.

"It would be very difficult for me to just approach something that reinforced the status quo — although that might be the safest road to take," she said.

"When you have this great social tool, at the very least, take advantage of it as a means to communicate."



Sean Penn stars in *The Gangster Squad*, which opens this weekend in the shadow of recent gun violence in the U.S. HANDOUT

Movie violence in a gun sensitive period

Industry issues.

The *Gangster Squad* and *The Last Stand* filmmakers respond to shootings

NED
EHRBAR
Metro World News

The recent high-profile U.S. shootings — most notably in a movie theatre in Colorado in July and an elementary school in Connecticut just before Christmas — have brought attention back to gun violence in popular culture. It's an issue the people behind two of this month's more bullet-ridden releases have had to grapple with while promoting their films.

"It's obviously something that's affected all of us. I don't think anybody has spent the last few weeks not thinking a lot about that, but this is fantasy and that's reality," says Lorenzo di Bonaventura, producer of the Arnold Schwarzenegger shoot-em-up *The Last Stand*, out later this month. "I think we need to figure out reality, and fantasy always follows reality. I'm not a politician, so I'll stay off my point of view, but it's clearly something that all of us have a great deal of respect for what those people have suffered, and we don't look at this as part of that. They're two different things."

One film that's been even more closely linked to recent tragedy is *Gangster Squad*, about police going to war with a ruthless criminal in 1940s L.A. Originally, the film

featured a scene depicting mobsters opening fire on a movie theatre full of patrons, but Warner Bros. quickly decided to cut the scene and postpone the film's release following the movie theatre shooting in Aurora, Colo.

"The Aurora shooting was an unspeakable tragedy, and out of respect for the families of the victims, we felt it necessary to reshoot that sequence, and I'm proud of the fact that I did that," director Ruben Fleischer says. "I think that we should all respect the tragedy and not draw associations to our film as a result of ... I mean to these types of tragedies."

While producers and directors might be careful with their statements, their stars are much more willing to

spout off on the topic. *Gangster Squad* star Josh Brolin thinks connecting violence onscreen to violence in real life is a misguided oversimplification.

"You have to look at the grand scheme of things, from a universal standpoint," Brolin, who fires his fair share of rounds in *Gangster Squad*, says. "You have video games, you have psycho-pharmaceuticals, you have lowest employment, you have parents that aren't at home. You have CNN who gloms on to the worst of what's going on and not necessarily the best or the most heroic. So, there's many different factors. There's always been violence in movies and there always will be violence in movies. Whether it leads to the one psychotic that's

out there that's thinking the worst thoughts you can possibly think is always going to be a mystery, I think."

Schwarzenegger agrees that scapegoating entertainment is a mistake.

"It's two different issues. This is entertainment, and the other thing is a tragedy beyond belief and it's serious and the real deal," he says, referring to the shooting in Newtown, Conn.

The former governor of California, who's no stranger to hot-button issues, already sees plenty of areas that need investigating.

"How can we do better with gun laws? If there is any loophole, if there is a problem there, let's analyze it. Let's not jump to conclusions, let's analyze," he says.

Interview

Balancing tradition and self-style

Director Ruben Fleischer is the first to admit he's not the obvious choice for *Gangster Squad*, a straight-ahead period action film pitting Josh Brolin's forthright detective against Sean Penn as criminal kingpin Mickey Cohen in 1949 Los Angeles.

"I really fought hard to get this job. I think I wasn't the obvious choice," says Fleischer, whose previous films are the more contemporary *Zombieland* and *30 Minutes or Less*.

But getting the job hasn't been the only hurdle, as the film's release has suffered

from unfortunate timing: The theatre shooting in Aurora, Colo., this summer coincided with the launch of the film's trailer, prompting reshoots and a move of the film's release date from September to January.

How did it feel to finally have the movie coming out after the delay?

"I'm proud of it and I'm really excited for people to see it finally. So with the release in January,

we're just hoping that people will be able to focus on the film as opposed to other things that surround it. You never could've predicted (those)."

And how did he approach balancing a traditional gangster film and something more of his own style?

"Instead of, like, going gritty and desaturating it and giving it a period kind of look, we decided to just embrace how it actually was, and we wanted to look lavish and rich."

NED EHRBAR/
MWN



2 SCENE



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Taking the politics out of the White House on 1600 Penn

New show. Those involved in this comedy stress there is nothing close to our reality in their political universe

NED EHRBAR
Metro World News

The guys behind NBC's new White House-set sitcom 1600 Penn want to make one thing clear: This is not a political show.

"There are a lot of shows about politics. This is not that show," says executive producer Mike Royce.

Fellow executive producer Jason Winer insists this is more about work and family, regardless of the address.

"It's a serious place," Winer says of the White House, "but it's also a workplace."

Jon Lovett, also an executive producer as well as a former Obama speech writer, agrees, noting that while the series may mention very



1600 Penn premieres tonight on City TV. HANDOUT

real issues — like unmanned drone strikes — for humour, this isn't supposed to be about the real White House.

"We are not sitting around worried about political correctness in the writers' room," Lovett says.

While real-life guest stars from the media world — including the Today show's Savannah Guthrie, MSNBC's Chuck Todd and Larry King

— will be popping up, don't expect any familiar political cameos a la Vice President Joe Biden on Parks and Recreation. Simply put, this isn't that show.

"Our show exists in an alternate political universe," says Winer. "Joe Biden appearing would be like a python eating its own tail."

1600 Penn marks the first major television role for Josh

Tuning in

"I didn't want to do TV, actually. I wanted to keep making as little money as possible in the theatre."

Josh Gad
On his first major television role

Gad since he drew raves for his Tony-nominated performance in the Book of Mormon. But while he's also a executive producer and a writer on 1600 Penn, he initially didn't want to play the role of screw-up First Son Skip Gilchrist, a loud, brash ball of energy similar to his Book of Mormon character.

"I didn't want to do TV, actually," he says. "I wanted to keep making as little money as possible in the theatre."

But as 1600 Penn developed, Gad said the writing was just too good to pass up and he couldn't stand the idea of anyone else playing the role.

"And also all of the other offers fell through," he jokes.

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bieber hashtag encourages fans to cut themselves

KIERON MONKS
Metro World News

Late Monday evening, Justin Bieber was trending on Twitter. Hardly new for the tween icon, but this was a darker episode, with the hashtag #cuttingforBieber used by young fans to offer blood sacrifices to their hero.

"Beliebers" participated in a campaign of self-harm in response to a weekend picture that appeared to show Bieber smoking marijuana. Hundreds of images of slashed arms, some obviously fake, some disturbingly real, flooded the social network. "Why did you do this @justinbieber You broke my heart," one user posted above a graphic



image of the user's injuries.

The campaign was orchestrated by the 4Chan forum, popular with trolls, and plans can be seen on the website. "Let's see if we can get some little girls to cut themselves," a member wrote, and fake pictures were seeded to encourage the trend.

The horrific episode was picked up by celebrities, including singer and friend of Bieber, Miley Cyrus. "Cutting

is NOT something to joke about.

There are people who are actually suffering from self-harm, this is so disrespectful," the star tweeted.

Bieber fans are known for their zeal and the "Bieber fever" phenomenon has been studied by psychologists. Two fans were arrested in December for plotting to castrate and murder the Canadian singer.

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3
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The new links of Barbados are a hole-in-one for golfers

Swinging in the sun. From sugar cane meadows to Atlantic coastline, these courses put the island's terrain to good use



BRIAN KENDALL
canadiangolfttraveller.com

Once reliant on a traditional sun, sand and sea tourism strategy, Barbados signalled its arrival as a major player in Caribbean golf with the 2009 launch of Apes Hill Club.

The gorgeous 7,150-yard layout, which dips and twists through lush jungle, an abandoned coral quarry and the reclaimed fields of a former sugar plantation, is the centrepiece of an exclusive new residential community offering views of both the Atlantic Ocean and the Caribbean Sea from a hilltop site near the lively community of Holetown.

Apes Hill joins posh Sandy Lane resort's two acclaimed 18-hole courses, as well as Royal Westmoreland Golf and Country Club, as the golf headliners of a popular island destination of remarkable contrasts — from the windswept Atlantic coastline to vast meadows of sugar cane to the serene waters of the Caribbean coast, the site of most of the resorts. The former British colony is renowned for its white-sand beaches, hospitable people (known as Bajans) and its refined atmosphere.

Barbados ignited its golf boom with the 1994 launch of Royal Westmoreland, a superb Robert Trent Jones Jr. design near the capital of Bridgetown.

Officially opened by Prince Andrew — who wowed onlookers by splitting the fairway with his first drive — the 7,045 parkland-style layout offers breathtaking views of the Caribbean Sea with almost every shot.

Royal Westmoreland reigned supreme until 2004, when the celebrity-packed but ill-fated wedding of Tiger Woods at nearby Sandy Lane resort focused international attention on the ultra-exclusive property's new \$25-million Green Monkey course. Designed by Tom Fazio, the 7,389-yard behemoth slowly builds drama through the first eight holes before startling golfers with a rapid descent into an abandoned quarry.

So spectacular is the design and seaside setting that the Green Monkey instantly became one of the world's must-play courses. The only hitch is that access is restricted to guests of Sandy Lane, one of the Caribbean's priciest resorts. Sandy Lane does, however, offer public play on its other Fazio championship layout, the Country Club course, a lush parkland-style jewel, and on its nine-hole Old Nine course.

Apes Hill, the newest headliner, boasts a pedigree to rival even that of the Green Monkey. The project is a partnership between local entrepreneur Sir Charles Williams, whose family came from England to Barbados in the 1600s, and Landmark Land Company, the developer of such renowned golf properties as California's La Quinta Resort and Club and South Carolina's Kiawah Island Golf Resort. Wentworth Club, the famous English golf and country club, signed on to run the golf operation.

The golf course has created a buzz throughout the Caribbean. Designed by Jeff Potts and Chris Cole for Landmark, Apes



The Green Monkey course at Sandy Lane resort is one of the world's must-plays. SANDY LANE HOTEL CO. LTD FOR SANDY LANE

Hill winds seamlessly through a rolling and still mostly wild landscape where green monkeys are often seen feasting on Barbados cherries, ackee and breadfruit. Especially thrilling are the jungle holes, 11 to 14, a quartet enthusiastically described by Golf World magazine as "every bit as dramatic and invigorating" as Augusta National's Amen Corner.

Rounding out the island's roster of courses is Barbados Golf Club, an affordable and challenging 6,697-yard government-owned layout, and the player-friendly, nine-hole Rockley Golf Club. Barbados, after years of building golf courses, is ready to play.



Apes Hill is the newest addition to Barbados's golf offerings. APES HILL CLUB

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Stunning scenes. The Grand Canyon is the perfect place to hike off the misdeeds of a Sin City vacation



THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

Some say a visit to the Grand Canyon is beyond description.

Life-changing? Maybe not quite, but it's certainly an experience I won't forget anytime soon.

The word awesome is over-used, but this place really is awesome.

Where else in the wide world can you gaze out across a cavernous crater that is literally a mile deep?

As I hiked along the Rim trail in Arizona recently, it really was like gazing out over a movie set with miles and miles of giant cliffs, jagged rock formations and the tiny Colorado river flowing far below.

I've hiked a lot of places

around the world, but none have provided such constant panoramic, breathtaking views.

The south rim is the most accessible part of the canyon, and a lot of this trail is actually paved.

A few sections of this 20 kilometre route were a bit on the challenging side, although there was plenty of time to take pictures of the canyon.

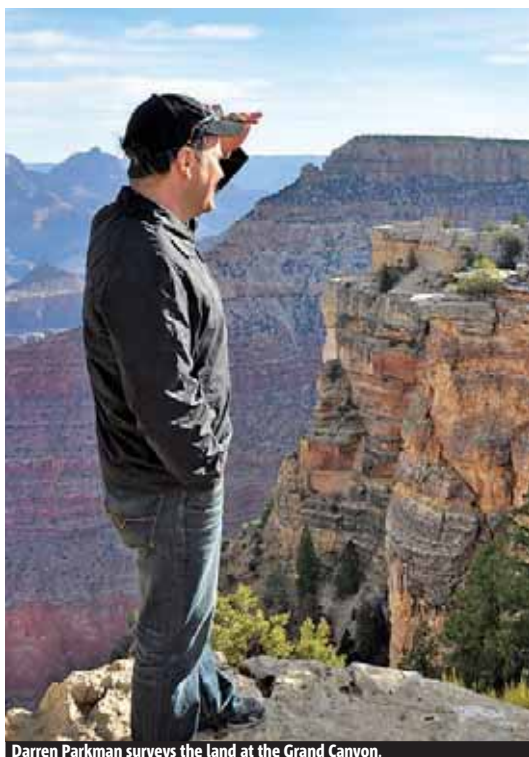
The perfect day hike and the perfect backdrop — and I do mean drop.

In addition to the amazing canyon itself, we actually encountered some unexpected wildlife along the barren trail in the form of a couple of stray deer and at least a thousand gophers and woodchucks.

The more adventurous can embark on one of the "rim-to-river" hikes down into the canyon floor, but that involves over-nighting at the bottom.

Papillion tours of Las Vegas offers a quick and scenic ride into the canyon for a couple hundred dollars, or you can take a bus in for under a hundred bucks.

This is one place that is worth the trip.



Darren Parkman surveys the land at the Grand Canyon.



A hike through the Grand Canyon is just a continuous photo op. PHOTOS: DARREN PARKMAN/METR

Other cool things to do...

- **River Rafting.** Grand Canyon Vacations offers unforgettable tours down the Colorado River. Check out ancient native ruins and hidden waterfalls on this once-in-a-lifetime seven-day adventure.
- **Grand Canyon Skywalk.** This new horseshoe-shaped bridge on the edge of the west rim is attracting thousands of visitors.



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California chefs bring fresh ideas to Cuban cuisine

Planting Seeds.

Delegation of foodies aim to spark a revolution in the island diet with sustainable, organic fare

Rice, beans, pork — and lots of it. That's a typical restaurant meal in Cuba, widely regarded by travellers as a culinary wasteland where the variety and quality of raw ingredients leave much to be desired.

But a delegation of chefs from Alice Waters' celebrated Chez Panisse restaurant in Berkeley, Calif., was recently in Havana on a mission to spark a revolution in the Cuban diet by exposing islanders to healthier dishes with more fruits and vegetables, preferably grown organically and sustainably by local food co-operatives.

Members of the Planting Seeds delegation have held give-and-take seminars in Havana with chefs and culinary students about slow

food. They also put on two massive dinners, including a five-course, five-star meal at the privately run Le Chansonnier, which drew culinary, artistic and influential leaders like President Raul Castro's daughter, Mariela. A 100-person bash was held at a state-run restaurant for luminaries such as Berkeley Mayor Tom Bates, California state Sen. Loni Hancock and senior Cuban officials who are in position to affect agricultural policy.

The California chefs toured nearby organic farms and marvelled at the fresh, pesticide-free produce, which they stuffed into car trunks as the base foodstuffs for the dinners. And by dreaming up new uses for workaday ingredients, they gave their Cuban counterparts a lot to think about.

Luis Ramon Batlle, for one, has seen plenty of guava during his long cooking career, but never thought to combine it with rabbit-liver pate atop a crispy wafer.

After tasting the savory-sweet appetizer at the Chan-

sonnier dinner, he's considering adding it to the menu at his own privately-run restaurant, which opened last year in Havana.

"The cracker is practically neutral. The pate gives you all the classic flavour of liver, a little acidic. But at the end you sense the guava as a very subtle, very delicate touch," said Batlle, who is head chef at Divino in Havana. "I loved it."

Planting Seeds participants acknowledged that this trip was geared toward interactions with high-end chefs, whose clientele are mostly foreigners and more affluent Cubans.

But they said it's just a first step. They hope that Cuban chefs newly inspired to go fresh will inspire imitators, starting a trickle-down effect that over the long term will reach into private homes.

At Chez Panisse, the chefs only decide at the last minute what to serve, based on what's available and fresh. Their advice to Cuban cooks who struggle with unreliable supply of even basics such as eggs and potatoes: Be flexible, and don't

worry too much about maintaining a fixed menu.

"Walk around the farm. Get a feel for all the vegetables and start using your imagination about how you can make those vegetables taste like what they are," said Jerome Waag, head chef at Chez Panisse, crackling a chard-like leafy green with his fingers for emphasis. "That's what we do in California. That's the way we like to cook. We keep things really simple."

Cuba has a longstanding culture of organic farming by necessity. During the Special Period of the 1990s, many private urban plots popped up in Havana amid austerity that followed the collapse of Cuba's backer, the Soviet Union. Unlike in the United States, pesticide-free is largely the rule here rather than the exception, mostly due to a lack of supply.

And a new generation of privately run restaurants known as "paladars" has breathed life into Cuba's culinary scene.

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U.S. chefs Melissa Fernandez, right, and Charlie Hallowell, left, prepare dinner for guests at the privately-run restaurant Le Chansonnier in Havana, Cuba. PHOTOS: THE ASSOCIATED PRESS



U.S. chef Steve Sullivan helps out with the Planting Seeds delegation.



U.S. chef Kelsie Kerr smells a pineapple while shopping for fruit and vegetables at a farm in Havana.

Barriers

Cuba's food conundrum

Despite the promise it holds, there are obstacles to the Chez Panisse ethos of fresh-is-best.

At the same farmers' market that enamoured the chefs on the outskirts of Havana, locals said wages have not kept up with a 20 per cent rise in food prices last year.

Two buyers said the quality was great but they can only afford to shop there once or twice a month. Prices that astonish an outsider — \$1 gets you a small bag of produce, enough for a couple of meals — are steep for Cubans who earn about \$20 a month on average.

Even getting to a produce market can be tough because most Cubans don't own a car and public transportation is spotty. Supply is heavily dependent on the season. However, Raul Castro has moved to expand private and co-operative agriculture, lease out fallow state land and facilitate direct sales to state- and private-run eateries.



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Travel tips

**How to pack
for your
vacation****LOREN
CHRISTIE**
life@metronews.ca

Do you find yourself staring helplessly into your closet when confronted with the daunting task of packing a bag? Here are some tips to keep in mind:

Choose a simple colour palate when picking your clothes. Consider khaki, black or brown pants as your base. Match your shoes and belts to the pants and pack a few shirts that complement. Bring enough socks and underwear to last a week.

Condense everything. Shove socks and underwear into shoes. Men, roll your ties. Bring must-have toiletries in travel-friendly mini-sizes and use the hotel's shampoo, conditioner and body lotion. Always pack a bathing suit, small umbrella and combination lock. Don't forget to bring a couple of plastic bags to separate dirty clothes.

Leave behind the guidebooks, alarm clock, camera, address book and novels and replace them all with an iPad or iPod. If you haven't invested in one yet, consider it part of the holiday expense. Don't forget the plug adaptor and charger cable. Put important items such as medications (labelled with the original prescription) and a change of clothes in your carry-on in the event that your luggage shows up late or not at all.

Silent Sanibel — the more laid back side of Florida

Island escape. This Gulf Coast locale is a welcome respite from the glitz and glam of Florida's more built up spots

Visit the beaches on Sanibel Island, Fla., a Gulf Coast barrier island, and you're likely to see people doing the Sanibel Stoop. That's the term for the bent-at-the-waist posture used to collect seashells on Sanibel Island, which bills itself as one of the best shelling locations in the world.

The island also offers 24 kilometres of beach, 35 kilometres of bike paths and the largest undeveloped mangrove ecosystem in the country. While other beach destinations in Florida might attract partying spring breakers or glamorous fashionistas, Sanibel proves to be the perfect spot for a family looking for a quiet beach retreat at the height of spring break revelry. There was no nightlife, high rises, chain stores, fast-food burger joints, traffic lights or insects.

Even travel guru Arthur Frommer, who's seen more than a few beaches, has named it a favourite destination, calling it an "idyllic haven of white-sand beaches" with "thousands

If you go...

- **Sanibel Island.** Located on the Gulf Coast of Florida. Nearest airport: Fort Myers. Sanibel Chamber of Commerce: sanibel-captiva.org.
- **Birding.** J. N. "Ding" Darling National Wildlife Refuge: fws.gov/dingdarling/
- **Shelling.** Tips to maximize your shelling: iloveshelling.com

of birds of every species."

The first sign that you hit on something special comes soon after you land at the Fort Myers airport, where tourism kiosks hand out free pocket-sized Lonely Planet travel guides to the area.

The drive from the airport west to Sanibel generally takes less than an hour, but timing is everything. A toll bridge connects Sanibel to the mainland, and the morning rush hour heading on-island and evening rush hour heading off-island can add another 45 minutes onto the trip during high season, which begins mid-January and peaks mid-March through mid-April.

With as many as 30,000 people on the island during high season, biking is the easiest way to get around. But

here's a tip: Friends don't let friends ride at night without lights.

Some hotels provide bikes for their guests and the bike rental shops on the island will deliver and pickup for a fee. It pays to shop around as prices vary. Beach equipment can also be rented.

Golf, tennis and fishing are also popular options on the island, but no trip here would be complete without two things: the beaches and the J. N. "Ding" Darling National Wildlife Refuge.

Over two-thirds of Sanibel is a nature reserve, with the refuge making much of it wonderfully accessible by car or bike. Take a 90-minute kayak tour through the mangrove, where you might catch a glimpse of a river otter. An assortment of the 230 species of birds on the island from anhingas to woodpeckers will keep you busy taking pictures, while knowledgeable guides point out horseshoe crabs, flying mullet and a water snake.

A pontoon boat tour will yield sightings of manatees and more birds.

The beaches themselves are lovely and far from crowded. The waves are gentle and it is shallow for a long way out, making it ideal for children. Other beaches, like Blind Pass, have stronger currents and aren't suitable for swimming.

THE ASSOCIATED PRESS



Sanibel Island boasts quiet beaches void of springbreakers. THE ASSOCIATED PRESS



Birding is a popular activity on Sanibel Island. THE ASSOCIATED PRESS

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It's a dog's life in the Sunshine State

Picture this: You're sitting on a white sand beach, warm sun on your skin. Coconut-scented sunscreen wafts through the air. A splashing noise comes from the blue Gulf of Mexico. It's your dog, happily retrieving his favourite ball from the water.

This could be your vacation, with a bit of planning.

With miles of sandy beaches, endless winter sunshine and a laid-back vibe, there's no reason to leave your four-legged friend behind when you vacation in Florida.

Destinations

Dog Beach and Paw Playground at Fort De Soto State Park: In 2010, Southern Living magazine named this spot in Pinellas County on Florida's West Coast one of the top five dog beaches in the South. You only need to set one paw onto the sugary sand to know why: It's a gorgeous and peaceful place. The Gulf of Mexico is usually warm and calm, and dogs of all sizes love to play in the soft surf. Dogs can run on the beach and swim off-leash, then enjoy a large, adjacent fenced-in grassy dog park area. There are water fountains, waste bags and a place to wash salt out of dog fur. Admission to the park area is \$5.

Dinosaur World in Plant City: Who loves dinosaurs? Dogs, that's who. Located halfway between Tampa and Disney, Dinosaur World is a park featuring 150 giant dinosaur statues and trails winding through the lush Florida



Pack your pooch for your next southern sojourn. THE ASSOCIATED PRESS

landscape. Leashed dogs are welcome on the trails and it's a great opportunity to snap a photo of your pooch with a giant Stegosaurus — some intrepid bloggers have gotten shots of their dogs posing inside a dinosaur's mouth. Tickets are \$14.95, dogs are free; open daily.

Dog Wood Park, Jacksonville: This 25-acre, privately owned park is heaven for dogs. It's all off-leash and entirely fenced in, from the pond to the grassy knoll to the trails. A separate small area nearby has chairs where owners can sip coffee and chat. There are two ponds,

Lake Bow Wow for the big dogs and Lake Fifi for little ones, plus doggie sand piles, shady areas and tires for dogs to climb on. Day visits are \$11, including tax. Additional services, like use of the park's indoor dog wash area, are extra.

The Fountain of Youth in St. Augustine: Spanish explorer Pedro Menendez de Aviles discovered this spring in 1565 and the Timucua Indians lived here for 4,000 years before that. You and your dog can sniff around and drink from the fountain. Tickets are \$12.

THE ASSOCIATED PRESS

Viva Florida! One of the top tourist spots in the U.S. celebrates the big 500

When Juan Ponce de Leon searched for riches in Florida, he unknowingly helped turn the Sunshine State into the first travel destination in the U.S.

In April 1513, the Spanish monarchy contracted the explorer to find another island off of Cuba that was rumoured to have great riches. Instead he landed in Florida and named it "La Florida," after the "feast of the flowers" during Spain's Easter celebrations.

Five centuries later, the state is celebrating its Spanish heritage with a series of events throughout 2013.

"It was always seen as an exotic place," historian Dr. J Michael Francis said of Florida. "That's something that Florida tourism continues to market on some level."

Although Florida's history dates back more than 12,000 years with Native Americans, the statewide campaign Viva Florida 500 will highlight the start of a new era with de Leon's adventurous voyage to the New World.

"He was the first visitor to the United States," said Will Seccombe, president and CEO of Visit Florida, the state's official tourism marketing corporation. "That's 500 years of explorers and they kept coming back."

Many visitors may know Florida mostly for its 1,330 kilometres of beaches or as the theme park capital of the world, but the Viva Florida campaign is designed to broaden their outlook, Seccombe said. The state will host 150 celebrations that "highlight cultural diversity and the art culture history that makes up the fabric of our communities."



The historic Castillo de San Marcos in Saint Augustine Florida. ISTOCK

After de Leon's visit, European settlers colonized in present-day St. Augustine, the nation's oldest city. Visitors to the city can find many references to the Spanish colonial era, from the massive Castillo de San Marcos fort that protected the city from attack to the colourful Spanish architecture and narrow streets. (Full-scale replicas of Ponce de Leon's flagship will visit the city in April).

De Leon probably wasn't the first European to set foot in Florida, and there is even debate on where he landed exactly. "It's unlikely we will ever know the precise landing spot," said Francis, Hough Family Chair of Florida Studies at the University of South Florida in St. Petersburg, Fla. "There is no archaeological footprint. No logbook. And even if found, there's no guarantee we would even know from that."

The commemoration, he said, is not about pinpointing the Spanish legacy but helping to rediscover "and maybe even discover for the first time Florida's colonial history."

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CANADA

For anyone considering a trip to a European city, Lisbon isn't a destination that springs immediately to mind. The Portuguese capital's singular charms, however, are drawing an increasing number of visitors

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Belem

The Belem neighbourhood, on the north bank of the Tagus River, was the launch pad for the great Portuguese ships and dauntless mariners who set off to discover the world beyond the horizon in the 15th and 16th centuries. Belem, which translates as Bethlehem (the voyages had a strong religious component), has the Jeronimos monastery and church from 1601, broad gardens and a large marble map on the riverbank showing the places the Portuguese encountered, and when, as they travelled across the globe. The Portuguese like to think of it as the ground zero of globalization.

5

Things to see in Lisbon

Alfama

The Alfama quarter is distinguished by its narrow, cobbled streets on the hillside below Lisbon castle, where archaeologists have found traces of occupation dating from the seventh century B.C. Once home to medieval Jewish and Moorish settlements, the quarter has an endearing shabbiness and lived-in feel. Walking through the quiet streets often involves ducking under washing hung out to dry and slaloming between smoky barbecues where fish is being grilled.



Baixa

The downtown district, called the Baixa, was rebuilt after the 1755 quake in what for Portugal is a rare gridiron pattern. Many old-fashioned stores, as well as modern international chains, line the streets. Look down at your feet and admire the sidewalks decorated in the black-and-white patterns of traditional Portuguese paving, which is also found in Salvador de Bahia, Brazil and Macau, in China. Rua Augusta, a pedestrians-only street, links two main squares — Rossio and the riverside Praça do Comércio, where government offices have moved out to make way for al fresco cafés and restaurants.

Chiado

The Chiado quarter's heyday was in the late 19th-century Belle Epoque, when writers and artists gathered at its cafés. Outside the Café A Brasileira, a statue of Fernando Pessoa, Portugal's best-known 20th-century poet, who also wrote in English, is one of the city's most-photographed sights. A 1988 fire damaged many historic buildings. The reconstruction was overseen by Alvaro Siza Vieira, who has won the world's top architecture prizes, and the quarter has preserved its elegant, sophisticated atmosphere.



Paula Rego Museum

Paula Rego is one of Portugal's most famous modern artists. She fled Antonio Salazar's dictatorship, which ruled over Portugal for four decades in the last century, and settled in London in the 1950s, but her work still draws powerfully on Portuguese culture and her childhood memories around Cascais, a seaside town just outside Lisbon where some of her work is housed. The 30-minute train ride from the capital traces the coast's contours, with magnificent views over the Atlantic. Cascais also offers beaches and a long promenade.



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Carrot Cake with Cream Cheese Frosting that goes easy on calories



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People often think carrot cake is healthier than other desserts, but beware of recipes that sound healthy!

Most carrot cakes are full of oil, butter, eggs and regular sour cream.

This version greatly reduces the fat by using pineapple, extra carrots, low-fat yogurt and ripe banana to create the moist texture typical of carrot cake. As a result, it comes in at 223 calories per serving.

You can replace the raisins with chopped, pitted dates, apricots or prunes.

If you use a food processor to mix the batter, take care not to over process it or it will ruin the final product.

A garnish of shredded carrots or orange zest is a nice touch.

1. Preheat the oven to 350 F. Spray a 9-inch Bundt pan with cooking oil.

2. For the cake, beat the oil and granulated sugar in a large bowl until smooth. Add the eggs and vanilla, beating the mixture well (it may look curdled). Add the banana, carrots, raisins, pineapple and yogurt. Stir until everything is well combined.

3. Combine the flour, baking powder, baking soda, cinnamon and nutmeg in a separate bowl, mixing well. Add to the carrot mixture and stir just until everything is combined. Pour the mixture into the prepared pan.

ture into the prepared pan.

4. Place the pan in the centre of the oven and bake for 40 to 45 minutes, or until a tester inserted in the centre comes out clean. Cool in the pan on a rack. When it's no longer hot, invert the cake onto a serving plate.

5. For the icing, beat the cream cheese, icing sugar and milk in a bowl or food processor until smooth. Drizzle over the top of the cake. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

Cake

- 1/3 cup vegetable oil
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp pure vanilla extract
- 1 large ripe banana, mashed
- 2 cups grated carrots (about 6 oz)
- 2/3 cup raisins
- 1/2 cup canned crushed pineapple, drained
- 1/2 cup low-fat yogurt

- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Icing

- 1/3 cup light cream cheese, softened
- 2/3 cup icing sugar
- 1 tbsp low-fat milk or water

Carrot Cake with Cream Cheese Frosting



This recipe serves 16. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Drink of the Week

Pineapple Upside-Down Cake

Who doesn't love dessert? Here, the classic Pineapple Upside-Down Cake is given a grown-up, liquid twist. With vanilla vodka, pineapple juice and more, it's a sweet treat.

- 1 oz Smirnoff Vanilla Vodka
- .5 oz Amaretto
- 2 oz pineapple juice
- Splash grenadine
- Garnish with cherry/orange wheel

Shake all the ingredients with ice in a shaker. Strain over fresh ice.

Spike a sword with a cherry and orange wheel and place on top of the cocktail. Add a cocktail straw and serve.



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Student voice

How can 'entry-level' mean 'experience required'?

Chun-Hui Chang
Post-Graduate Student
Human Resources Management
Humber College
Graduate

Bachelor of Arts in Psychology
Western University
TalentEgg.ca

The school-to-work transition was very difficult. Most bachelor's degree programs do not have internship or co-op components integrated into the curriculum.

As such, I did not have the opportunity to develop the skills needed for a good job.

Furthermore, many employers are not willing to give new graduates a chance to gain experience. I found very few job postings that did not require any experience, even for entry-level jobs. Most "entry-level" job postings I found still required at least three years of experience.

Possessing a degree did not help me at all in finding a job, and I struggled im-

The post-school cycle

When no one gives you the opportunity to gain any experience, then it forces you into underemployment (if you're lucky). This degrades morale and motivation, which can hurt that person's job performance.

Chun-Hui Chang

mensely for over a year. In that time, I was only offered a few interviews, with no success from any of them. I became incredibly cynical, unmotivated and depressed because of how useless my university education was.

What am I doing now?

I am now back in school for a post-graduate college program in human resources management. College appealed to me because there is a co-op component integrated into the curriculum.

However, there is no guarantee of landing a co-op position. The college simply assists you in finding a co-

op position — they do not place you. As such, there is still some slight anxiety about finding employment.

My recommendations for employers, career centres and schools

Employers should be more willing to give new graduates a chance to gain experience.

Many of my peers struggled to find meaningful work after graduation because they lacked the experience.

When no one gives you the opportunity to gain any experience, then it forces you into underemployment (if you're lucky). This degrades morale and motivation, which can hurt that person's job performance.

In addition, employers need to understand what the term "entry-level" means. If the position requires experience, then it is not entry-level.

This is probably the most frustrating thing for new graduates who are looking for jobs.

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From stand-out CVs to roadside applications, job-seekers are going an extra mile to land lucrative positions

It's a tough job market out there, which means you're going to have to step up your game if you want to land your first (or next) gig.

In this spirit, some bold individuals are finding extreme ways to proactively market themselves to potential employers. While these unique (and sometimes wacky) tactics might not work for everyone, there are valuable lessons to be learned from these outside-the-box job search ideas.

Try an unconventional resumé format

Infographic resumé are making a big splash with creative people the world over. These graphic takes on a traditional resumé can highlight key functional skills as well as an applicant's personality in a dramatic and eye-catching way.

See your name in lights!

Rather than relying on a resumé to get her name out there, one woman from Atlanta, Ga., used the holiday season to publicize her job hunt by spelling



With a little imagination and elbow grease, we can all come up with our own set of personal marketing tactics. ISTOCK

out "My wish, HR job, Liz Hickok, LinkedIn" with strings of Christmas lights on the side of her house.

Create your own personal ad campaign

If a creative resumé and billboard beside a major highway haven't landed you a job, you could always think about running your own ad campaign.

Alec Brownstein, a 28-year-old copywriter, landed a job through a fantastically simple personal marketing campaign. When advertising execs Googled their own

names (admit it, we're all guilty of the "self-Google"), Brownstein's paid ad was the first result on the page. The ad directed these potential employers to his personal website, and resulted in multiple job offers for Brownstein.

The stunt cost mere cents per click (for a total of \$6), and all it took was a little outside-the-box thinking.

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- Horner ended up landing himself a job and keeps the website active to inspire others to ask: "What do employers have to offer me?"

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Follow through on your resolutions, like spending more time with family and friends, by examining why you want to accomplish these goals. ALTRENDI IMAGES/STOCKBYTE/THINKSTOCK

Change is good

Goals. How to follow through on your resolutions this year

YLVA
VAN BUUREN
For Metro

The start of a new year really is a good time to make a change, but it's important to be realistic and to set yourself up for success, says Gene Hayden, a motivational speaker and author of *The Follow-Through Factor* (2010).

"If you can separate reasonable resolutions from magical quests, you're off to a good start," concurs Dr. Irvin Wolkoff, a Toronto psychologist.

The most common new year's resolutions are to lose weight, get fit, get better organized and have more time for friends and family.

"But these are huge and we don't often examine the how," Hayden says.

Remember, the reason people follow through is they literally love the resolution. "You've got to want it,"

Any day is a good day

- Remember that the way to improve yourself is the same on Jan. 1 as on any other day in the calendar, says Dr. Irvin Wolkoff, a Toronto psychologist. "There's ac-

tually no point in imposing extra pressure that comes with making a resolution." Whatever day it is, decide to make an improvement and get started.

Hayden says. "If you really want it, you're going to go after it and the process of getting from here to there is going to keep you engaged."

Here is a checklist for success:

- When you make a resolution, ask yourself — is this really within my control to make happen?
- Make sure it's a "want" and not a "should."
- Break the resolution down into baby steps.
- Talk about your resolution in the present tense, not future. For example, I am doing my resumé; I am going out more so I can meet somebody; I am going to fitness classes three times a week.
- Don't look up, Hayden says. A resolution is a bit of a Mount Everest and looking up can make it more of a

monumental task.

- "Talk about your accomplishments and you will find people will cheer you on. You will inspire others and inspire yourself at the same time."

RESOLUTION MAKER ... OR BREAKER?

Eighty-eight per cent of resolution makers give up within the first three months, according to Hayden.

The No. 1 reason is they are no longer passionate about them, she says.

"We set the bar way too high so we set ourselves up for failure. And we base resolutions on things we should do and not on what we want to do. In the end, we don't have the fire — or motivation — in our bellies ... so we don't have the follow-through."

Staying on track

It's a new year ... and a new you! Here is expert advice on staying on track with your health and fitness resolutions.

- Rather than obsess about one health-related goal (lose 20 pounds, for example), Ontario Medical Association president Dr. Doug Weir recommends starting to make healthier lifestyle choices (get more active, make healthier food

choices, cut down on salt) across the board. It will all add up to better health.

- Select achievable goals and set reasonable times to achieve them, says Dr. Irvin Wolkoff, a Toronto psychologist. "Remember that if you backslide, it's a part of learning new ways to think and behave."
- Write down the actual pro-

cess of reaching your goal, says Marc Lebert, a fitness professional and creator of Lebert Fitness Products. For example, "work out three times a week," "eat a salad three times a week."

- Start small. If you weren't exercising at all, start walking just half an hour per day, says Jules Hilliker, an Ottawa-based fitness professional. **YLVA VAN BUUREN**

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Dickey is 'all in' with Anthopoulos's vision



R.A. Dickey answers questions from the media on Tuesday at the Rogers Centre. VINCE TALOTTA/TORSTAR NEWS SERVICE

MLB. Knuckleballer eloquently discusses highs and lows of career at introductory news conference

Last month, the Toronto Blue Jays had a 72-hour window to work out a new deal with R.A. Dickey to close out a trade with the New York Mets for the veteran right-hander.

General manager Alex Anthopoulos pitched his vision of what the Blue Jays would be now and in the future. Dickey, 38, liked what he heard.

"I was all in right then," Dickey said. "I think this can be a special few years for this city, for the country and all the players here."

Dickey agreed to a two-year

contract extension worth \$25 million US with a club option for 2016. He will be an anchor in a starting rotation that will likely include Josh Johnson, Mark Buehrle, Brandon Morrow and Ricky Romero.

Dickey was all smiles Tuesday afternoon as he was formally introduced by the team.

He touched on highs like winning the 2012 National League Cy Young Award. He also discussed the challenge divulging in an autobiography that he was twice the victim of sexual abuse while growing up.

The Nashville native sat attentively at the dais, offering informative and thoughtful answers to a range of questions.

"For the longest time, I kind of fought who I was and I'm thankful that I've been able to live through that into a period where I enjoy embracing who I feel like I am," he said. "That's taken a lot of encouragement and a lot of hard work."

Dickey said it will be fun to call himself a Canadian for six months of the year and is looking forward to playing on a team expected to contend in the American League East.

THE CANADIAN PRESS

Quoted

"What you see is what you get. The hope is that none of it is ever manufactured." R.A. Dickey

speaks about coming to accept who he is.

NHL camps should open Sunday



Washington Capitals captain Alex Ovechkin answers questions from the media on Tuesday in Arlington, Va. THE ASSOCIATED PRESS

Let the season begin.

NHL training camps are expected to open Sunday after the ratification process for the new collective bargaining agreement is completed, according to deputy commissioner Bill Daly.

The league and NHLPA spent Tuesday continuing to hammer out a memorandum of understanding that will ultimately be voted on by their constituents. The owners will cast ballots in person at a Board of Governors meeting

Wednesday afternoon in New York while the players are expected to vote electronically on Thursday and Friday.

If all of that goes off without a hitch, the agreement would then be signed by the parties.

"It's being worked on," Daly said Tuesday in an email. "We don't need it signed until the ratification process is done, which looks like Saturday."

The deal was hammered out early Sunday morning. Almost immediately, players

began travelling back to the cities where their teams play in anticipation of a season unlike anything most have ever seen. A typical training camp runs for about three weeks and can include as many as eight exhibition games per team. This one will have teams on the ice for just five days before opening the regular season.

"We've got to be prepared," Lightning star Steven Stamkos said Tuesday in Tampa. "It's going to be a different year, it's a sprint." THE CANADIAN PRESS

MLB

Writers may fail to elect new members to HOF

With the cloud of steroids shrouding the candidacies of Barry Bonds, Roger Clemens and others, baseball writers may fail for only the second time in more than four decades to elect anyone to the Hall of Fame.

About 600 people are eligible to vote in the BBWAA election. Results will be announced at 2 p.m. Wednesday, with the focus on first-time eligibles that include Bonds, Clemens, Sammy Sosa and Mike Piazza. THE ASSOCIATED PRESS

Cycling

Armstrong set to tell all to Oprah?

Lance Armstrong has agreed to a rare televised interview with Oprah Winfrey that will air next week.

According to a release posted on Oprah's website on Tuesday, Armstrong will address allegations that he used performance-enhancing drugs during his cycling career.

Armstrong has strongly denied the doping charges that led to him being stripped of his seven Tour de France titles, but the New York Times reported Friday he has told associates he is considering admitting the use of PEDS.

THE ASSOCIATED PRESS



Lance Armstrong GETTY IMAGES FILE

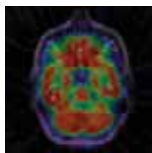


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Raps focused on small picture



Raptors guard DeMar DeRozan scores a layup against the Oklahoma City Thunder on Sunday in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

NBA. Crucial week at ACC should shed light on Toronto's playoff chances

They will never admit it, because the Raptors are fully aware of the dangers of looking past one opponent to the next and contend the only recipe for success depends entirely on how they play.

But what they say publicly and what they might think privately are sometimes two different things. They have to know that a crucial week is upon them.

Home games Wednesday against struggling Philadelphia (15-20) heading into Tuesday

night), woeful Charlotte (9-24 and free-falling) on Friday and Milwaukee (on its second coach this season) on Sunday present a chance for Toronto to climb the standings.

To guard against overconfidence, coach Dwane Casey has been hammering home the danger of looking too far ahead, just as he was incessant in making a point that the Raptors could not get too happy with that streak of five straight wins, seven in eight games.

"We've got to take it one game at a time," he said. "I even talked to the guys (about) taking it one quarter, one possession at a time because if you start looking at too many things down the road, you don't see anything. We want to

Quoted

"We can't get too caught up in the big picture. There's too many games still down the road."

Raptors coach Dwane Casey

make sure we take care of business (Wednesday) night."

The message seems to have hit home. Toronto had been playing its best basketball of the season before a bit of complacency set in and they were demolished by the Sacramento Kings last Friday night. They were beaten by the vastly superior Oklahoma City Thunder on Sunday but at least the effort was better.

"I don't think we're good enough that we can look past any team," said Ed Davis. "That's the way we have to look at it... We know our focus has to be there within this three-game span. We want to keep the fans in it — things like that." **TORSTAR NEWS SERVICE**

Raptors know what NHLers can expect

The Raptors have some sympathy for their NHL peers.

- With the season soon to begin after the lockout, NHLers find themselves in the same position as the NBA last season — shorter training camp, condensed schedule, some crazy travel and injury concerns.
- "Hopefully most of those guys were working out, and they kept their bodies and

their training up to par," Raptors forward Ed Davis said Tuesday.

- "I feel their pain," added DeMar DeRozan. "It's definitely tough, especially not being to do what you love to do."
- The NBA lockout lasted 161 days, delaying the start of last season from Nov. 1 to Christmas Day, reducing the regular season from 82 to 66 games. **THE CANADIAN PRESS**

MLS. Nelsen unsure when he'll join TFC

Nothing comes easy for Toronto FC it seems, be it posting a win or hiring a manager.

In a somewhat bizarre turn of events Tuesday, the struggling MLS franchise unveiled new head coach Ryan Nelsen only to acknowledge it's not sure when the veteran New Zealand defender will be free to lead the club.

The 35-year-old Nelsen is under contract through June 30 to Queens Park Rangers, which is mired at the bottom of the English Premier League's relegation zone.

The MLS season kicks off March 2, with players reporting to training camp later this month. QPR finishes its league schedule May 19.

Nelsen will not be involved in this month's MLS combine or SuperDraft, although TFC says he will be in daily contact.

With the cost of relegation pegged at \$40 million in the first year alone, QPR (2-12-7) is reluctant to release a defensive stalwart like Nelsen without a ready replacement.

Tuesday's news confer-

ence came just three days after Nelsen played 71 minutes in QPR's 1-1 FA Cup tie with West Bromwich Albion.

Nelsen was unable to say when he might be able to devote his full attention to Toronto, noting only that he had to be "respectful" of his obligations to QPR.

Talks on securing his English club release are planned but Nelsen suggested a winning streak that takes the team out of the drop zone would help.

THE CANADIAN PRESS



New Toronto FC head coach Ryan Nelsen is scheduled to suit up for the Queens Park Rangers until May 19. The MLS season kicks off March 2. **TORSTAR NEWS SERVICE**

NBA

Anthony says he was looking for Garnett to talk, not fight

Carmelo Anthony said Tuesday he lost his cool after Kevin Garnett said things to him that he feels shouldn't be said to "another man."

Anthony said he sought out Garnett after the Knicks' loss to Boston on Monday night so they could discuss it. He would not elaborate on what was said.

Anthony went toward the Celtics' locker-room and waited for Garnett outside the team bus. He said they've spoken since.

"There's certain things that you just don't say to men, another man," Anthony said. "We handled it the way we handled it. Nobody needs to know what was said behind closed doors."

The all-stars exchanged words during the Knicks' 102-96 loss on Monday night. **THE ASSOCIATED PRESS**

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Chevrolet Equinox 2013



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By comparison



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Fuel economy

With a rating of 9.2 l/100 km city and 6.1 highway (10.1/6.9 for AWD models), the 2.4 is the economy champ in the lineup. However the efficient V6 earns nearly the same 12.4 city/8.1 highway (13.2/8.4 AWD) numbers as the previous 3.0. The choice is yours, of course, depending on your lifestyle..



A look under the Equinox's hood

2013 Chevrolet Equinox

- **Type.** Four-door, front-/all-wheel-drive mid-size tall wagon.
- **Engine (hp).** 2.4-litre DOHC I4 (182); 3.6-litre DOHC V6 (301)
- **Transmission.** Six-speed automatic
- **Base price (incl. destination).** \$28,400

Engine

Unchanged for 2013 is a standard 2.4-litre four-cylinder engine that's worth 182 horsepower and 172 pound-feet of torque. Both powerplants are connected to six-speed automatic transmissions, although the four-cylinder comes with an Eco mode that economically limits the maximum revs in each gear.

Style

The most significant aspect of the Equinox's styling is that it displays a rugged sport-utility-vehicle boldness shared with Chevy's larger Traverse and still-larger Tahoe. You won't find that in the Honda CR-V, Nissan Rogue, Ford Escape or most others in the segment.

Review. Clever wagon holds its own despite stiff competition

MALCOLM GUNN

Wheelbase Media

Chevrolet didn't exactly invent this category, but the Equinox represents a new level of refinement, style and overall performance that sets it apart from its segment peers.

Clever touches abound

in the design, like the integrated rocker panels in the doors that reduce entry step-over height. The car-like interior is simply gorgeous and highly practical. It has dual gloveboxes, easy-to-read twin gauges set in large pods and plenty of handy storage bins.

There's also a versatile split folding rear seat that can be adjusted fore and aft over a 20-centimetre range to optimize legroom or cargo capacity. So the Equinox isn't a giant-killer in the off-road sense, but at least it can now boogie down the road with

more authority, thanks to a new-for-2013 3.6-litre V6 option that generates 301 horsepower and 272 pound-feet of torque. It replaces last year's 3.0-litre V6 that only mustered 264 horses and 222 pound-feet of torque.

A wide assortment of standard equipment (air conditioning, cruise control, keyless remote entry etc.) comes in the base LS, as does a new seven-inch touch screen to work the standard audio system. The 1LT gets you premium cloth seats and a rear-view camera, while the 2LT

adds a power driver's seat and an up-level audio package. The LTZ loads up with climate control, heated leather seats and a power liftgate.

Standard this year in all but the base LS is MyLink, which is a combination voice-activation/touch-screen system that operates the various audio options, hands-free smart-phone communications and navigation functions. Being fashionably rugged, impressively more powerful and technologically up-to-date is what the Equinox is all about.



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WHEELBASE MEDIA

Board of racing?

The French version of Formula De has been updated for North America and is now simply called Formula D. Suitable for up to 10 players, this highly rated board game involves rolling the dice and "racing" around the track, with the added complexity of having to slow down (missing your turn) when you reach the corners, shifting gears using varying types of dice and heading to the pits to "refuel". The board has a closed racing circuit on one side and a typical city layout on the other for urban street chases. Try it out for yourself for less than \$50 US from your local toy store or boardgamegeek.com.



McQueen in Le Mans

Most auto-racing buffs consider the movie Le Mans, which starred the late Steve McQueen, to be the most realistic racing flick. Released in 1971, the film centres on the famous 24 hours of Le Mans in France and the battle that raged at the time between Ferrari and Porsche. Much of the scenes were shot from a racing camera car that was actually entered in the event, while other portions were staged at great expense after the race had ended. There is very little plot or dialogue, but a moody McQueen gets to pose and swagger a lot for the camera and the racing action still looks and sounds spectacular more than four decades on. The Blu-ray disk version is now available for about \$25 from world-classmotoring.com.



Put on your jacket

Preparing to store your vehicle for the winter should involve more than simply parking it in the garage. For maximum protection, you should think about using the Car Jacket. This U.S.-made product was actually developed by a hard-core car collector and is designed to support your existing fabric car cover in keeping dirt, water and mildew away from your prized possession. It works like a sleeping bag, once the car is positioned over the base, you flip the lightweight polyethylene top portion over the car and zip it up. Prices are based on vehicle size and start at \$200 US, from carbag.com.



Mount up your phone

Since talking on your cell phone while driving is now illegal, you need a way to safely access your phone or device without risking injury to yourself and others. The iOttie can help you do just that. The phone holder, which the manufacturer claims is North America's top-selling product of its type, uses a suction-cup base that anchors to your car's dashboard. Meanwhile, the holder portion can pivot 360 degrees, allowing for vertical or horizontal phone use (handy for using GPS apps). Prices range from \$20 to \$25 US for smartphone mounts (for devices up to three inches wide) and \$40 for tablet mounts from iottie.com.



ALL IMAGES WHEELBASE

Ice and easy does it – The key is to look where you want to go

Driving Force.

See your path and follow your vision when your car is sliding and steering is tricky this winter on the roads

JILL
MCINTOSH
drive@metronews.ca

No matter what or where you are driving, the most important sense you use is your vision. It's always essential to "look where you want to go," especially if you find yourself in an emergency situation.

"Anyone can drive straight on a dry road," says precision driver Ryan Lanteigne. "What differentiates drivers is the ability to deal with the worst conditions. You have to steer the way you want to go."

Lanteigne was teaching winter driving at a special event sponsored by Michel-

in. Drivers were sent onto a water-soaked plastic pad, which simulates ice. Once the driver was on the pad, Lanteigne would pull on the handbrake, sending the car sideways. The driver then had to steer the car to get it back on course.

The first time I went through, I thought I was steering correctly, but my car still spun around. "You weren't looking where you wanted to go," Lanteigne said. Sure enough, I realized I'd been looking straight down the hood.

Instead, I should have been looking beyond the skid pad. The second time I went through, I steered the car but looked to my right at the dry asphalt.

That's where my car ended up, pointing straight ahead and ready to continue safely. Whenever you're driving, it's important to look as far ahead as possible — right to the horizon, if you can — and never at the road directly ahead of your car.

This gives you a full field of vision and lets you see

Quoted

"What differentiates drivers is the ability to deal with the worst conditions. You have to steer the way you want to go."

Precision driving instructor Ryan Lanteigne. On what sets good and bad drivers apart

problems up ahead, such as stopped vehicles or pedestrians, before you get too close to them. This can even help with fuel efficiency, since you may be able to slow down or go around traffic, instead of stopping completely and then having to accelerate again.

It's important not to fixate on things, because your hands will follow your vision. A surprising number of people hit police cars or tow trucks that are stopped on the side of the road, because drivers stare at the flashing lights and don't realize that they're heading straight toward something they need to avoid.



Students drive on a plastic, water-covered pad that simulates driving on ice. HANDOUT

Tips

- **Take note.** If you turn the steering wheel but your car continues straight ahead on a slippery surface, a condition known as understeer, don't turn the wheel harder. Instead,

"unwind" it slightly in the opposite direction. This will help the tires grip and let you regain control.

- **Back to school.** Many of the skills needed for safe winter driving aren't intuitive, and lessons at a qualified "skid school" or winter driving course are a good idea for all drivers.



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2000-2005 Chevrolet Impala

JUSTIN
PRITCHARD
Drive@metronews.ca

When Impala returned to the market after two leaves of absence and six previous generations, it came with a front-drive platform, handsome styling and a number of powertrain and interior options. Filling the hole left by the Lumina in the Chevrolet lineup at the time, Impala offered a fairly comprehensive package to shoppers. A roomy family sedan, it included feature content like a power driver's seat, heated leather, a compass, and steering-wheel mounted audio controls. Fog-lamps, a spoiler and larger wheels were available for dress up.

Common Issues

Avoid the 3.4 litre engine where possible. This powerplant is known for gasket problems that, over time, can cause some expensive issues. The longer-lived and more robust 3.8 litre V6 has been in GM's powertrain lineup for decades and amounts to a solid performer.

Hard or hesitant shifting issues, though rare, are likely caused by an electronic problem with the transmis-

sion's computer brain. This is a fairly easy issue to correct via reprogramming of the transmission control module.

Inspect the functioning of all interior accessories, noting operation of the air conditioner, all windows, the sunroof and the keyless entry remotes. Electronic issues tend to present themselves as malfunctioning accessories or warning lights in the instrument cluster.

Engine



Look for V6 power all around, with either 3.4 or, preferably, the 3.8 litre units making horsepower in the 180 to 200 range. A supercharged 3.8 litre engine was available later in the Impala's life on the tweaked-up SS model. All models were automatic and front-wheel drive.

What owners like



Styling, comfort, easy interior access, and an available six-person seating configuration were all appreciated by Impala owners. The generous trunk and even fuel mileage were highly rated, too.

What owners dislike



Complaints typically surround fit and finish, as well as rear seat space for taller passengers.

Verdict

Find a clean, well-cared-for example of the Impala with the 3.8 litre engine, and you'll probably find it a reliable, well-priced and comfortable family cruiser that won't break the bank.



PHOTO:HANDOUT



Refund Information for 2012 TTC Senior/Student Tickets and Day Passes

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1900 Yonge Street, Toronto
Monday to Friday, 8:30 a.m. - 5:00 p.m.

Starting January 2 to February 28, 2013

Bloor-Yonge Station, Collector Booth
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Starting February 1 to February 28, 2013

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Supermodel Gazelle took a serious fall last night after overhearing a fashion blogger remark that a 2013 Jetta is now just \$168 a month.
"My knees just went weak," she told reporters.



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Not your average u\$ed car auction

Autopilot



AUTO PILOT
Mike Goetz
drive@metronews.ca

Looking for a good used car? You could do worse than heading to Arizona next week for Collector Car Auction Week.

Bring your wallet.

Better yet, re-mortgage your house, cash in your RRSPs, find the Canadian Tire Money, sell your kids for medical experiments, check under the sofa cushions for loose change and snacking material and visit Harold the Jewelry Buyer.

Because some of these cars are on the pricey side...

Take for example the 1965 Ford GT40 consigned to RM Auctions' sale in Phoenix. The GT40 used in the Steve McQueen film, *Le Mans*, was auctioned off last year at RM's California sale for \$11 million, making it the most expensive American car ever sold.

The road-going '65 GT40 going under the hammer in Arizona is expected to sell for



Big money mobile: The 1960 Ferrari 250 GT SWB Berlinetta Competizione "will be the top seller" in Arizona. PHOTO FROM RM AUCTIONS

between \$2.4 million and \$3 million. In case you're wondering, that doesn't include the safety check, emission test, or winter tires.

Another quite nice RM consignment is the 1930 Duesenberg Model J Tourster. Only eight were built. Their open-top bodies were designed and built by the coach building firm, Derham. Estimated auction price: \$1.2 million to \$1.6 million.

In fact, RM figures eight of its Phoenix auction consignments will fetch over \$1 million. There is no doubt, however, about which one will set the bar high — the 1960 Ferrari 250 GT SWB Berlinetta Competizione.

"It will be the top seller of the week in Arizona," says Gord Duff of RM Auctions over the phone from the firm's home base in Blenheim, Ont. (Yes, one of the top collector

car auction houses in the world is Canadian.) "There isn't another auction selling anything that would bring this kind of money."

What's "this kind" of money? Well we don't know for sure. But some Ferrari 250 GTs sell for around \$5 million, while others go for around \$9 million. This particular 250 GT is considered one of the purest and most well documented 250 GTs out

there, with just four owners since new. So figure more toward the high end of the scale.

While it might be the highest price achiever in Arizona next week, it will likely take a back seat in the paparazzi department to a car set to take the Barrett-Jackson auction stage over in Scottsdale. That would be the first and original Batmobile. After starring in the TV series, its creator,

George Barris, bought it from Ford for \$1. It's been his ever since. It changes hands next week, for the first time ever since that \$1 sale. It's likely the most well-known and recognizable car in the world.

The other auction houses that make the scene at Arizona Collector Car Auction Week are Gooding and Company, Russo and Steele, Bonhams and Silver Auctions.

"Arizona sets the tone for the coming year," notes Duff. RM is expecting Arizona to continue the strong sales trends of 2012. "The collector car market is especially strong right now, particularly for blue-chip, investment type automobiles."

Duff says enthusiasts from emerging markets, like the United Arab Emirates, Russia, India, China and Brazil, are bolstering the collector car ranks these days. It's a global thing now and facilitating the togetherness is the Internet. Duff adds these out-of-country buyers often watch the auction online and bid online. And so can you — the RM auction will be live on rmauctions.com. Just make sure you got enough headroom on the charge cards.

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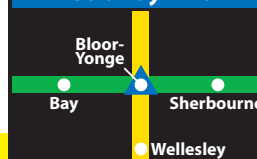
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Horoscopes

Aries

March 21 - April 20

Venus, planet of harmony, moves into the career area of your chart today, so you will gain more by being nice to people than by trying to be a tough guy. Work with others and you can all be winners.

Taurus

April 21 - May 21

A little bit of gentle persuasion will get you everything you desire today. You don't need to force others to do your bidding. They will go out of their way to accommodate your needs. Within reason, of course.

Gemini

May 22 - June 21

Stand up to those who seem to enjoy making you feel bad about yourself. You are who you are for a reason and no one has the right to suggest that you should change your look, your ways or your attitude.

Cancer

June 22 - July 23

Venus, planet of love and harmony, moves into the partnership area of your chart today and almost immediately you will find that relationship problems are not as serious as you imagined. The fact is they never were.

Leo

July 24 - Aug. 23

You need to take a more relaxed view of everyday activities, especially those that require bursts of physical energy. Aggressive activity is rarely a good idea, so pace yourself sensibly over the next 24 hours.

Virgo

Aug. 24 - Sept. 23

Creative activities and affairs of the heart will go very well indeed over the next few weeks, so look on the bright side and don't be afraid to take chances. By far the biggest risk is taking no risks at all.

Libra

Sept. 24 - Oct. 23

As Venus, your ruler, moves into one of the more sensitive areas of your chart, you won't mind admitting you got something wrong. This is much a time for forgiving, forgetting and moving on together.

Scorpio

Oct. 24 - Nov. 22

Travel and social activities will get a boost over the next few days, so start making plans. Even if you are a Scorpio who does not like the party life, you'll want to see and be seen. You're worth looking at!

Sagittarius

Nov. 23 - Dec. 21

There is really no point worrying about money matters and business issues. They will all come right in the end. Whatever your personal commitments may be you will find a way to meet them — somehow you always do.

Capricorn

Dec. 22 - Jan. 20

You will find it much easier to relax and take life as it comes now that Venus is joining the Sun in your sign. You don't have to be on the go every minute of every day. Give yourself a break occasionally.

Aquarius

Jan. 21 - Feb. 19

Being the charitable sort, you sometimes allow people to get away with things they really don't deserve to get away with. Don't be too generous for your own good over the next 24 hours.

Pisces

Feb. 20 - March 20

Allow yourself to think the unthinkable thought. Allow yourself to dream the impossible dream. With so much positive cosmic activity today there is precious little you cannot do, so set your sights high — then go even higher. **SALLY BROMPTON**

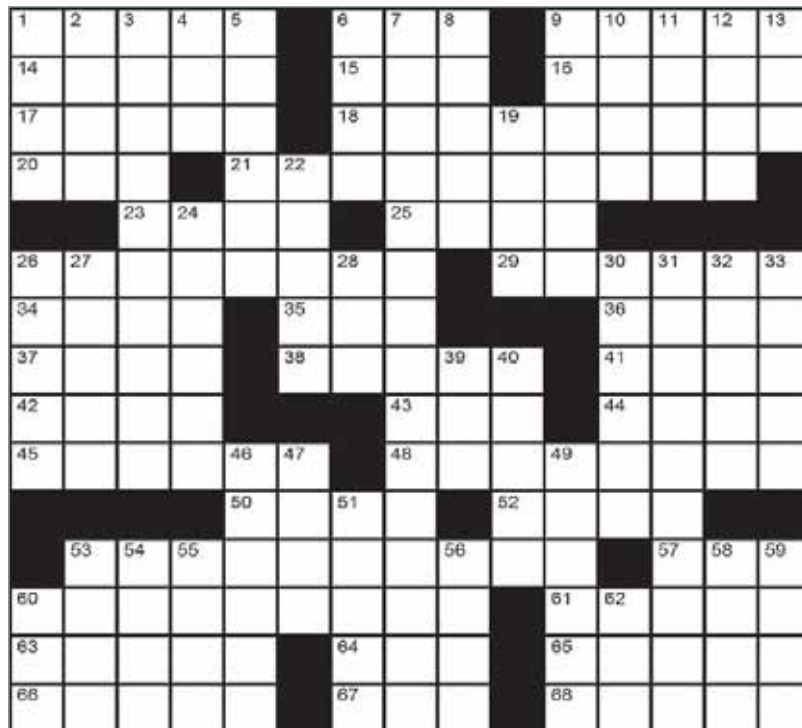
Crossword: Canada Across & Down

Across

- St. __, Nfld.
- Cdn. business since 1670
- Guess Who's " __ Eyes"
- English band, __ Heep
- Pub serving
- Lake for Sarnia, ON
- Tori's "Beverly Hills, 90210" role
- Hugh Jackman role
- Tree-like Tolkien creature
- Harry Potter's best friend: 2 wds.
- Environmental sci.
- Fit
- "Nessun Dorma", an aria from this Puccini opera
- Belonging to our planet
- " __ have to do."
- German 'I'
- 'Fed' suffix
- Greenish-blue
- Decree
- Japanese soup
- Thomas Augustine __: "Rule, Britannia" composer
- Angelina Jolie title role
- "I could __ horse I'm so hungry!"
- One who silently approves
- Where Bob Bratina is mayor
- Bemoaned
- Meas. with width
- Canada's highest peak: 2 wds.
- Beirut is its cap.
- Co-worker
- Jim Carrey flick, "Me, Myself & __" (2000)
- Old Jennifer Garner series
- " __ Blind" by 54-40
- Little Richard hit: " __ Frutti"
- Blood vessel implant
- Gary Bettman's org.
- Movie critic Roger

Down

- Mr. Law
- " __ the other hand..."
- __ Who's Who (Canadian wild-life TV vignettes)
- Grandma

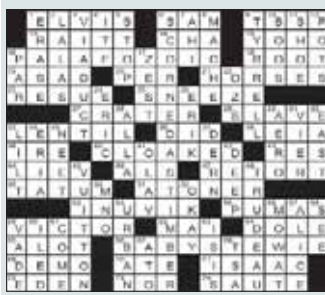


- Kelly Osbourne's mother
- Actress Goldie
- The Tragically Hip song: 2 wds.
- Li'l star
- Neptune's realm: 2 wds.
- Lose yer lunch
- Great Lake
- Electronics company
- Compass point
- Farewell, to Catullus
- Golden hit tune
- Phoned
- Hyperion, for one, in Greek mythology

- 1993 Nirvana album: 'In __'
- Repetitive checking or hand-washing, e.g.
- Make more cheese gooey again
- Canadian Olympian Simon Whitfield, for one
- Must: 2 wds.
- "The Good in Everyone" band
- The Company org.
- Berry Gordy Jr.'s other early record label
- Author Mr. Hemingway
- Montreal-born actress Ms. Lee

- Fire up
- Toronto theatre, __ & Winter Garden
- Shed, snake-style
- "Rolie Polie __"
- Capital of Mongolia, __ Bator
- Mineralogist's field, for short
- Play interlude, __'acte
- "So __"
- __ in Canada
- Wipe

Yesterday's Crossword

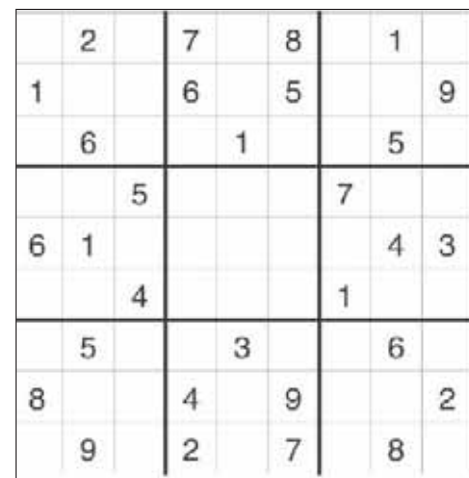


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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